

Japanese Beef & Potato Stew

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-braised-vegetables-recipe>

Ingredients:

- 1/4 cup bonito flakes katsuo, or use pre-made dashi
- 1 1/2 cups water
- 1 teaspoon oil coconut or olive
- 1 pound beef stew meat is fine
- 1 onion medium, cut into wedges
- 2 carrots medium, cut into bite-sized chunks
- 4 potatoes small, stabbed with a fork or toothpick and cut into bite-sized chunks
- 1 cup dashi from above
- 1/4 cup vinegar
- 1/2 teaspoon salt
- 1/2 tablespoon maple syrup
- 2 tablespoons soy sauce
- 1/4 pound green beans

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 100 milligrams
4. Fat: 33 grams
5. Fiber: 8 grams
6. Protein: 32 grams
7. SaturatedFat: 13 grams
8. Sodium: 1090 milligrams
9. Sugar: 8 grams

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